

BENJAMIN FEDELE

2025 Track & Field - Goal Sheet – Rev. 0

<u>Personal Records (PR)</u>			<u>PR Pace [min/mile]</u>	
1 mi CC PR:	--	--	1 mi:	--
3 km CC PR:	--	--	3 km:	--
2 mi CC PR:	--	--	2 mi:	--
5 km CC PR:	--	--	5 km:	--
800 m T&F PR:	05/06/23	03:34.75	800 m:	07:12
1600 m T&F PR:	--	--	1600 m:	--
3200 m T&F PR:	--	--	3200 m:	--

<u>Training Goals</u>		<u>Goal Paces [minutes/mile]</u>	
800 m T&F Goal:	03:30	800 m T&F Goal Pace:	07:00
1600 m T&F Goal:	07:17	1600 m T&F Goal Pace:	07:17
3200 m T&F Goal:	15:29	3200 m T&F Goal Pace:	07:44

<u>Training Intensity</u>			
	mile	400 m	200 m
Long Slow Distance (LSD):	12:38	03:09	01:34
Tempo:	10:18	02:34	01:17
Long Interval:	08:20	02:05	01:02
Short Interval:	07:48	01:57	00:58

<u>Gardiner Park</u>	
Equivalent single lap times at Gardiner Park are provided below:	
Long Slow Distance (LSD):	02:48
Tempo:	02:17
Long Interval:	01:51
Short Interval:	01:44

VO ₂ Max (Estimate)
30
[ml/kg/min]